



# **Egyptian Herbal Monograph**

**Volume 3**

**Medicinal Plants used in Egypt**

**Egyptian Drug Authority (EDA)**

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# Egyptian Herbal Monograph

## Medicinal Plants Used in Egypt

### *Anethum graveolens* L.

شبت

#### 1. Names & Synonyms (1)

*Anethum graveolens* L.

**Family:** Apiaceae (Umbelliferae).

**Syns:** *Pastinaca anethum* Spreng., *Peucedanum graveolens* Benth. & Hook.,  
*Selinum anethum* Roth.

**Arabic:** Shabat شبت

**English:** Dill.

#### 2. Parts used for medicinal purposes

Dried ripe fruits (1).

#### 3. Major chemical constituents

**Essential oil:** carvone, limonene,  $\alpha$ -phellandrene, dihydrocarvone, dillapiole (2),

1,8-cineole,  $\alpha$ -pinene and  $\alpha$ -terpene (1).

#### 4. Medicinal uses (Indications)

A. Carminative and spasmolytic in infantile colic (3).

B. For dyspepsia, gastritis, flatulence, stomachache (1) and as antispasmodic (4).

#### 5. Herbal preparations correlated to medicinal use

1. Dill oil (as Dill water for infants) (5).

2. Dill oil (1,3,6).

3. Dill dry extract (using mixture of ethanol and water in different concentrations as solvent).

4. Dill powder (1,4,6).

**Herbal preparations are in pharmaceutical dosage forms. The pharmaceutical form should be described by the pharmacopoeia full standard term.**



## 6. Posology and method of administration correlated to medicinal use

### Preparation 1(5)

#### Indication A

Dill water for infants: only for babies from 1 to 12 months old.

(Each 5 ml contain 2.3 mg dill water):

- 1-6 months old: 2.3 mg one teaspoonful during or after a feed.
- 6-12 months old: 2 teaspoonful during or after a feed.

Don't use more than 6 times in 24 hours.

### Preparation 2-4

#### Indication B

#### Preparation 2

- **Adults:** Dill oil: 0.05-2 ml (3 times daily) (3,6) or 0.1-0.3 g daily in divided doses (1,3,6).
- **Children:** Pure essential oil should not be given to infants and young children (1) but it may be used in a pharmaceutical dosage form, under medical supervision and should not exceed the appropriate dose.

#### Preparation 3

-The appropriate dose of the extract depends on several factors such as the user's age, health, and several other conditions (7,8).

- Consult your physician or pharmacist before using (7,8).

#### Preparation 4

3 gm or equivalent (for other preparations) (1,4,6).

**Method of administration:** Oral use.

## 7. Contraindications

Hypersensitivity to active substances and to other plants of the same family.

## 8. Special warnings and precautions for use

- If the symptoms worsen during the use of the medicinal product, a doctor or a pharmacist should be consulted.
- Dill should not be given to children except under medical supervision (6).
- Persons with a fluid or electrolyte imbalance should not use this herb (6).



-**Diabetes:** Dill extract might lower blood sugar in people with diabetes so blood sugar level should be monitored regularly (7,8).

-**Surgery:** Stop taking Dill extract at least 2 weeks before a scheduled surgery because dill extract might interfere with blood sugar control medications during and after surgery (7,8).

-**Underactive thyroid** (hypothyroidism): Taking Dill as a medicine seems to lower thyroid hormone levels. This might worsen symptoms in people with underactive thyroid (8).

## 9. Interactions with other medicinal products and other forms of interaction

None reported.

## 10. Fertility, pregnancy and lactation

-Dill should not be used during pregnancy and breastfeeding (1,6-8).

-Dill extract has been used as a contraceptive and to induce labour.

-Dill extract may have teratogenic effects (1).

- Dill can start menstruation and this might lead to a miscarriage (7,8).

-No fertility data available.

## 11. Effects on ability to drive and use machines

No studies on the effect on the ability to drive and use machines have been performed.

## 12. Undesirable effects

- If adverse reactions occur, a doctor or a pharmacist should be consulted.
- May alter sodium balance and cause allergic reaction (6).

## 13. Overdose

No case of overdose has been reported.

## 14. Relevant biological properties

Not required as per Egyptian guidelines for registration of herbal medicines.



## 15. Additional Information

- There are two type of dill oil (dill seed oil & Terpenless dill seed oil).
- Terpenless dill seed oil is richer in carvone than dill seed oil.

## 16. Date of compilation/last revision

23/03/2022.

## References

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